

**Claims:**

C1. A method of treating or preventing painful disorders comprising the intrathecal administration of civamide (cis-8-methyl-N-vanillyl-6-nonenamide) or one of its salts in an amount of about 0.001 mg to 1 mg by weight in a composition comprising a pharmaceutically acceptable vehicle, such vehicle being suitable for introduction into the intrathecal space of humans or other mammals, in order to provide long-lasting prevention or relief of painful disorders.

C2. The method of claim 1 wherein the dosages of intrathecal civamide are administered as a single one-time dose, or as single doses once about every 30 to 60 days.

C3. The method of claim 1 wherein said method of treatment or prevention is utilized to prevent or treat post-surgical pain, chronic neuropathic pain or other types of chronic pain amenable to treatment or prevention with this method.